

ELLINGTON TOWN CRIER

A SENIOR CENTER NEWSLETTER

Erin R. Graziani, Director
Noreen Staiger, Assistant
MaryAnne Mandell, Receptionist
Van Drivers: Jeanne Magurany
Clay Farnham and Paul Sawyer

TELEPHONE
870-3133

JUNE 2005

Ellington Senior Center
16 Church Street
Monday: 8:30 am to 6:00 pm
Tues-Thurs: 8:30 am to 4:00 pm
Friday: 8:30 am to 1:30 pm

Greetings from the Director,

The Senior Center budget was cut by \$17,000, as a result of this financial impact some programs and services will be curtailed or changed.

The calendar reflects the EMATS (Ellington Medical Appointments Transportation Services) with the days this non-emergency medical program is available.

We send congratulations to the Class of 2005 as they graduate on June 17. The following is a list of students who over the past four years have been volunteers at the center; Shaelyn Dolen, Carolyn Burgess, Michelle Householder, Jen Paris and Ashley Grim. Ashley has been accepted into the Coast Guard Academy in New London where she will be studying Naval Engineering. We send best wishes to all the graduates.

Blessings to all...
Sincerely,
Erin R. Graziani



OUT TO LUNCH:

Date: June 7, 2005

Time: Noon

Restaurant: Royal Buffet

Access Town Crier News
& Calendar - Town's website:
www.ellington-ct.gov click "Our
Town News" (blue column),
select "newsletter, select "Senior
Center"

Musical Insights

Join us on the 2nd & 4th
Monday at 6:00p.m.

June 13: Flag Day Celebration.
Flag folding ceremony with the
American Legion and VFW

June 27: A Royal Presentation
with Barbara Caramante,
Pianist

HARVEST MOON REVUE VARIETY SHOW Show Date: October 15

Committee Meetings
Senior Center
4:00-5:00p.m.

June 6

Note the Variety Show Director, Bill Prenetta, will be in attendance. Please come and join in the preparation of this very important Intergenerational show. Proceeds go into the Senior Center Building Fund.



PROPS: We would like to borrow 1940's WWII clothing and memorabilia.. Call the Senior Center @ 870-3133

DENTAL HEALTH CARE

We welcome Jamie Carbone, Dental Hygienist from Ellington Dental Associates will be our guest speaker on Wednesday, June 15 @ 1:30 p.m. As a courtesy, please Sign-up by 6/8

VAN NEWS: Please sign-up for transportation with the Receptionist, if you wish to take the van.



To reserve a ride, please call (870-3133) at least 2 business days in advance. First time riders, must fill out "Intake" form prior to your ride.

Ellington Medical Transportation Services (EMATS)

Transportation services for non-emergency medical appointments for Ellington residents. For reservations call Senior Center Director, Erin Graziani at 870-3133 at least 7 days in advance. Program is funded in part by the Older Americans Act through the North Central Area Agency on Aging.

FRIENDSHIP CLUB-Meeting Dates: Fridays at 10: 30 a.m.
August 12 and December 9. See Noreen for details.

MEMORIES & CREATIVE WRITING

Meetings take place at the
Senior Center
on the third Monday of every month
June 20, 2005
6:00-7:30 p.m.

Come share and reminisce with us!!
Newcomers always welcome!

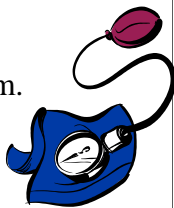
HEALTH & WELLNESS NEWS**Blood Pressure Clinics and Diabetic Screening:**

⇒ Blood pressures every Tuesday from 1:30-3:00 p.m.

⇒ Diabetic Screenings are taken on the 3rd Tuesday.

Exercise Classes: Join in on the fun every

Wednesday morning at 9:00 a.m. Cost: \$3.00 for residents; \$4.00 for non-residents. Joanne Britton, instructor.

Tai Chi Sword, 24 and Fan: Every Monday beginning with Sword at 10:45 a.m., followed by 24 and Fan at 11:30 a.m. Cost: \$3.00 for residents; \$4.00 for non-residents. Ed Evans, Instructor.**Dancing:****Line Dancing:** Mondays from 1:30-3:00 p.m., volunteer instructors; Dot Willis, Betty and Al Gagne.**Oberek, Advanced Polka, Waltz and Line Dances and Ballroom Dancing : Enjoy a Summer Hiatus!!****Harvest Moon Revue Dance Classes will be held at certain times throughout the Summer. Classes will be posted at the Senior Center.****VETERAN'S NEWS:**

The American Legion Auxiliary members bring lap robes (size 40x80) to the V. A. Hospital. Anyone who would like to make a robe for the Vets, please contact Erin at the Senior Center. (870-3133)

Veteran Contacts:

VFW- Jim Stemmerman, Commander @ 872-3446 or Services Officer Morris Webber @ 875-2613

American Legion- Leonard Johnson Services Officer @ 871-1498
State Representative Ted C. Graziani @ 240-8531**CHOLESTEROL SCREENING**

Tuesday, June 7, 2005

1:30-3:00 p.m.

Ellington Senior Center

Cost: \$10.00

Fasting is not necessary

Clinic held by The Visiting Nurse & Health Services of Connecticut

To register contact the Senior Center at 870-3133

Pre-registration is required.*The Better Age Singers**

Resume on Wednesday, August 31

To begin rehearsing for

Harvest Moon Revue Show in October.

10:30 – 11:30 a.m.

At the Senior Center

**BINGO*BINGO*BINGO*BINGO**

Wednesday, June 8, 2005

10:30 a.m.—Noon

Billiard Room at Senior Center

Fun & Prizes**Presented by Ellington High School Students.****Please sign-up by 6/3****The Better Age Club:**

Meetings held on the 2nd & 4th Thursday @ 1pm

June 9: Guest Diane Lazarin, Artist

June 23: Program Meeting

Van transportation available

Are You 55 or Older? Are You Getting All the Benefits You Are Eligible For?**Benefits Outreach/CHOICES Program**

Thursday, June 9, 2005

9:00 am-2:00pm

Hall Memorial Library –93 Main Street

To schedule a FREE & confidential screening, call North Central Area Agency on Aging Benefits Outreach Program at **1-800-994-9422 (ext 277)****THE BOOK CLUB**

Tuesday, June 21st at 11:30 a.m.

We begin to read the series by Sue Grafton with the first book, "A" for Alibi.

MOVIES OR MALL:**Moviegoers:** Redstone Cinemas at Buckland;**June 14 feature is Guns of Navarone.**

Starring Gregory Peck and David Niven.

Showtime 1:00 p.m. Cost \$1.00 includes admission, popcorn and soda. Or, if you prefer, shop and browse at the Mall and area.

Van transportation available.



CARDS AND GAMES

The Bridge Players: Tuesdays @ 9:15 a.m.; see Pat Szemplinski or Rosemary Malatesta.

Evening Cards:

Setback: Tuesdays and Saturdays @ 7pm, see Ernie Nelson

Pinochle—Every Friday double deck Pinochle @ 6:30. See Bob Karlowicz.

Games Night: The first Monday of every month @ 6pm; see Joan Randall.

Mahjongg: Come join in the fun! Every Monday @ 3pm and every Friday @ 10:00 a.m., see Sylvia Kravitz.

THE CRAFTY CORNER



Lucille's Knitting: 2nd, 3rd, 4th Tuesday @ 2:00 p.m.

Rose Parent's Sew & So: 1st and 3rd Thursday @ 9:30 a.m.



Carolyn's Crafts: 2nd and 4th Thursday @ 10:00 a.m.

Denise's Block Style Knit: Wed @ 2p.m

Scrapbooking: 1st Thursday @ 2pm



Art Show at Hall Memorial Library during June
Resident, Mr. Ed Suchecki, will display some of his beautiful paintings, flowers and still life.

Reception held on Wed. June 8 at 4:00 p.m.

ELDERLY OUTREACH SERVICES: Contact Anna Turner, @ 870-3131 for information on programs and services for residents age 60 and older.

⇒ Renter's Rebate program for residents age 65 and older may be eligible for a rebate from the State. If you have been a tenant in 2004 call Anna for an appointment. Program runs from May through September.

⇒ "Women, Health & Aging" June 22 @ Sr. Center, 11:30-1:00 p.m. with guest speaker Kathy Porter, RN. A light lunch will be served. **RSVP w/Anna Turner @ 870-3131 by 6/15. Seating is limited.**

Trips ***2005***

A non-refundable \$10.00 deposit is required at sign-up for all trips. If a deposit is not made, you will be placed on the waiting list. A "Medical Waiver" form for 2005 (gold color) is required. Payments will be received on Tuesday and Wednesday from 2:00—3:30 p.m. Parking available at Town Hall for bus pick-up and drop off (at Maple St. entrance). Please be at the pick-up site 15 minutes before departure time posted on each trip. For more information on the trips, call the Senior Center (870-3133).

Hukelau Twin Lobster Hawaiian Beach Party: Thursday, *July 14*; The Travel Group presents this trip that includes Hawaiian Show with luncheon menu: Twin Steamed Lobster or Prime Rib of Beef. Cost: \$59.00/person includes taxes and gratuities. Leave at 10:30 a.m. and return approximately 4:00 p.m.

We're Going to the Dogs: Sunday, *August 14*; leave at 9:00 a.m. and return approximately 7:00 p.m. Join us on a trip to New Hampshire and Hinsdale Greyhound Park for a Sunday afternoon! Package includes roundtrip motor coach, clubhouse admission, race program, buffet luncheon and drivers' gratuity. Cost \$44.00/person.

Myrtle Beach "Showtime": Saturday, September 10—Friday, September 16; Ocean Front Hotel, Charlestown and Musical Shows, Dolly Parton's Dixie Stampede, Silver Fox motor coach..Tour Cost: \$700.D, \$680.T, \$830.S

Upcoming with more details:

November: Comedian Carl Hurley at Garde Arts Center, New London & Mohegan Sun